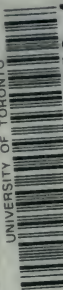


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**HYGEIANA ;**  
A  
NON-MEDICAL ANALYSIS  
OF THE COMPLAINTS  
**INCIDENTAL TO FEMALES,**  
IN WHICH ARE OFFERED  
SOME IMPORTANT ADMONITIONS  
ON THE  
PECULIAR DEBILITIES ATTENDING THEIR CIRCUMSTANCES,  
SYMPATHIES, AND FORMATION.

*Illustrated by Cases.*

INTENDED FOR  
**THE USE OF FEMALES ONLY,**  
AND ADDRESSED  
TO THE YOUTH AND MATURITY OF THAT SEX.

BY  
**GOSS AND COMPANY,**  
CONSULTING SURGEONS, LONDON.

TWENTY-SECOND EDITION.

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Quo fugit Venus? Heu! quove color decens?—HOR. *Lib. 4, Od. 12.*  
*Whither flies Love? Ah! where the charming bloom?*

---

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## PREFACE.

---

“ Would we know what health and ease are worth, let us ask one that is sickly or in pain, and we have the price.”

GREW.

---

FROM the very rapid sale of the former editions of this work, since its separation from the “*Ægis of Life*,” (of which it originally formed a part,) we might, perhaps, be justified in educing something more than a hope, that the facts and principles which it contains have, in a partial degree, operated beneficially upon society; at any rate, it is an evidence that they have been generally read; and we cannot, nor will not resist the pleasing conviction, that this extensive demand

for our labours has been attended with a corresponding influence on the public welfare, when we call to mind the many and flattering testimonials of that influence which have flowed in on us through private channels. We feel also that these honourable feelings of triumph are enhanced by the difficulties we have had to surmount. There is in mankind a spirit of incredulity which has to be encountered, even where the prejudices of education and habit have not to be overcome; and, in many instances, both these powerful impediments must be thrown down, before new truths, however important in their character and consequences, can be established. We have, therefore, we repeat, much ground for self-gratulation, when we review the favourable circumstances which have preceded, and called for, the present edition of this analysis.

The republication of a work always opens the door for revision and improvement. It is the duty, as well as the privilege, of an author to avail himself of this opening. Whatever may have been his industry and care in preparing his ori-

ginal production for the press, his own eye will soon begin to detect many inaccuracies and omissions; and an honourable regard to his own reputation for truth, as well as talent, will induce him to avail himself of the first opportunity which public kindness may afford to correct the former, and to supply the latter. Such is the case with the authors of this work. However gratifying to them may be the reception with which public favour has honoured their production, they cannot but be sensible how obnoxious the former impressions were to criticism; and they hope the evidence of their anxiety to render the present edition more replete with information, as well as more perfect in style, will be seen and acknowledged.

With what degree of success they may have exerted themselves to improve this edition, the authors will not venture to determine—on that point the reader only has the right to decide. They will, however, assume the privilege of asserting, that, so far as they have thrown into this revised edition all the experience which they have

acquired during an extensive practice, since the original publication, it must possess the superiority of additional information ; and, without arrogating any merit beyond this, they commit it to the indulgent censorship of public opinion.

*London, January, 1829.*

# INTRODUCTION

TO THE

EIGHTEENTH EDITION.





## INTRODUCTION.

TO THE

## EIGHTEENTH EDITION.

---

It is well known by the professional community, and generally by the public, that we some years since prepared for the press, and published, a work entitled the “*Ægis of Life*,” in which we took a correct and sufficiently comprehensive view of some of the indiscretions arising from *human frailty* in *both* sexes ; and appended to this general survey such observations of a moral as well as of a medical description, as seemed to us likely to produce beneficial results. Many applications were soon afterwards made to us to detach, from this publication, all those observations which

had relation to Female complaints, in order that ladies, who might be prevented by a becoming delicacy from perusing the work in its combined form, might be able to profit by such of our comments as exclusively applied to their own sex. The propriety of the suggestion was so apparent, that we felt no hesitation in immediately adopting it. As the "*Ægis of Life*" has reached its Eighteenth Edition, the present analysis, although presented in a distinct shape, may be said to have passed through as splendid a patronage in its connexion with that work, and to have had its utility sufficiently tested.

During a practice of many years, embracing all ranks and classes of the human family, and extending through a variety of climates, the conviction has become rooted in our minds, that, notwithstanding the important improvements which have been made by scientific men in the treatment of ordinary diseases, a comparative ignorance still prevails on the subject of those secret maladies which feed upon the beauty, and undermine the happiness, of the fair sex. Too often is the fond parent doomed to behold the child of his

solicitude fading under some deadly influence which the art of the Physician can neither detect nor defeat. Too often is the doating mother compelled, in hopeless silence, to watch the rose decay from the cheek where it was planted by the hand of nature, and the brilliant and vivacious light of intelligence expire in the eye, where, with so much delight, she marked its early kindlings; while the baffled practitioner tells in vain the number of the pulses, and ransacks his books to discover some analogy by which he may steer his difficult course. This happens, partly because the delicacy of the patient prevents her from entering into that explicit, yet necessary, detail of suffering, which a man of no uncommon observation requires to direct him; and partly, because many of the complaints in question are of such rare occurrence, that few, except those whose attention has been exclusively directed to this department of science, are even aware of their existence.

This disappointment too often happens, even when the most explicit detail of suffering has been laid before the practitioner; but its occurrence is

almost certain when the natural delicacy of the female patient conceals some, and only glances obscurely at others, of her afflicting sensations. Here the ordinary Physician is indeed at a loss. Such cases only meet their remedy from the hands of those who have made the diseases in question so peculiarly their care, that they are capable of detecting from *one symptom*, the whole chain of diseased actions—from those whose perfect experience enables them to decipher the original causes of disorder, without intruding upon those limits which delicacy throws before medical enquiries. For ourselves, we are devoted to this arduous and delicate branch of philosophy. Accustomed to trace the secret and malignant operation of these maladies which too often fatally affect, not only the happiness of the *wife*, but the peace of her *husband*, and even the health and prosperity of her *children*, we were long since struck with the necessity of urging on the fair community an attention to the grand operation of the generative faculties. That much, in the first instance, depends upon their own discretion, is not to be doubted; but it is in cases where this great preventive has been disregarded, (and these

are numerous indeed,) that the advice and direction of the experienced practitioner only can supply the remedy for the insidious miseries which are the effect of indiscreet indulgencies. These are the instances in which moments of excess entail upon their unhappy victims years of punishment; and thrice happy are they who, by the interpositions of art, may be enabled to snatch one pale victim of lawless passion from the giddy vortex. Should such be our good fortune, richly, indeed, shall we be rewarded for having exhibited a beacon, the light of which is intended to serve the two-fold purpose of a warning and a guide.







# HYGEIANA.

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## PART THE FIRST.

---

### SECTION I.

#### *On the Physical Education of Females.*

---

Chi ben comincia, hà, la metà de l'Opera. GUARINI.

Dimidium facti, qui cœpit, habet. HORACE.

*He who well begins has half finished his work.*

---

THE Physical Education of Females is second only in importance to the cultivation of their mental powers, and the moral organization of their character and conduct.

On the first of these, scarcely less than on the two last, depends the happiness of a being who is

the *chef-d'œuvre* of creation, and who was given by the CREATOR to man to be his partner in joy, and his great consolation in the hour of gloom and adversity. She may stand, as she always should, in the eye of society, "pure and undefiled;" slander may not venture to breathe on her reputation, nor the lying whisper of secret malice dare to impeach her claim to universal respect: in single life, she may fascinate the wise and virtuous by the extent of her acquirements, the accuracy of her judgment, the refinement of her taste, and the brilliancy of her conversation; and she may enter into wedlock with every prospect of felicity; but, if she carries with her the effects of a negligent or ignorant physical education, her happiness may be wrecked in a moment, when all around is serene and beautiful—and hope deferred, and ultimately disappointed, may produce that sickness of the heart which neither time nor medicine can remove.

In the irregular excitement attending civilisation, may be traced the frequent origin of organic debility. A sentient being with circulatory and digestive organs, and strong voluntary powers of muscularity, requires the careful balance of ex-

citement to prevent any undue exertion of either system, in order to effect the uniform development of the natural impulses. Any undue violence of effort of one part of the system destroys the harmony of the whole, and leads to those disorders which render necessary the interposition of artificial restraints and remedies.

Attention to this balance may be termed the *Physical Education*, and should not oppose powerfully the natural feelings; which, when regulated, harmonise all the subjective functions of the constitution.

Nature has liberally and equitably distributed the faculties of enjoyment, implanting in either sex the desire and power to reciprocate happiness. Both sexes have their early or sanguine temperament. In man, the transition from boyhood to puberty is rapid and distinctly marked. He quickly throws off the trammels with the appearance of infancy, and assumes the important character which he is destined to sustain. In woman, on the other hand, the developments are more gradual. Like a delicate flower, she almost imperceptibly expands into beauty, exhibiting, as

she unfolds into maturity, that sensibility of heart upon which are engrafted all the bland and bewitching sympathies of her sex : as much as natural firmness is a characteristic of man, is this sensibility the property of woman ; and as the former sometimes descends into obstinacy, the latter not unfrequently degenerates into a painful irritability. In early age, then, when habits are contracted, which sometimes retain their influence through all the subsequent stages of existence, too much care cannot be exercised by those to whom the tuition of females is entrusted. By a celebrated novelist it has been well observed, that “ discipline is nature’s coachman ;” and it is at the particular period to which we have alluded, that the body, as well as the mind, should be well balanced. It is then that these indications, which are the roots of habits, should be watched, that what is evil may be corrected, and what is good established. Especial regard should, at this time, be also paid to bodily movements and positions, which, being often unnatural, produce corresponding effects upon the internal functions ; thus implicating both the temper and health, and disturbing the progress of moral happiness. Inconvenient and uneasy posture produces irritation ; and, in



such irritation, how easily may the first proofs of disease be detected, even before more marked and general disturbance is manifested.

Indeed, the public opinion is now gradually establishing the grand maxim in human education, that it is as much the duty of the guardians of the youthful female to attend to the vigour of her frame, as to the delicacy of her mind and morals.

Neglect of this injunction will be seriously felt in progressive life, when important changes are advancing, new determinations evolving, and those actions becoming visible, so necessary to the moral health of future generations.

Attention to the animal economy is indispensable, in proportion as climate or constitution exercise their influence upon the physical habit.

ATMOSPHERE, in its transitions and influences, materially affects the habit of women, as is readily exemplified in the marked difference between the ruddy peasant girl and the pale hectic little spinner; the one blooming like a wild flower, the other a sad pallid contrast to health

and sprightliness ; the visible effects of a confined atmosphere on those who sojourn in a crowded metropolis—and, on the other hand, the influence of a free and wholesome air on those who “ drink the pure pleasure of the rural life.”

CLIMATORIAL influence is great : with us the female is doomed to habits of domesticity, and her imagination indulges in social sentiment ; how essential, then, is it to the future woman to combine the seeds of morality and physical importance with the utility of exercise, before vapid associations have fixed themselves as habits.

---

In children of infirm appearance and delicate constitutions, a precocity of imagination has sometimes displayed itself, which evidences an extraordinary advance of intellect. This precocity may be owing, in some measure, to that very physical infirmity to which we allude. Disabled from the pursuit of those active and vigorous exercises in which the more robust youth delight to engage, the genius of the invalid receives a different direction ; and seeks in literature and the excursiveness of imagination for that pleasure which offers itself to him in no other form. He



becomes imaginative, in the first place, from necessity—and, subsequently, retains that disposition from habit, and thus becomes more familiar (than others who, like him, have just stepped over the threshold of life) with those regions of space in which youthful fancy always finds something “ever grand and ever new.” Instances of this precocity are much more frequent and striking among females than in male children.

There is, however, much to be feared from the appearance of this preternatural property; precocious development of genius is too often the herald of premature death; or, at least of the premature exhaustion of the mental powers,—thus the highly excited expectations of the parent and friend have, in after-life, been doomed to the most afflicting disappointments. In all cases too great intellectual efforts, at an age when the ordinary faculties of the mind are only beginning to expand, must necessarily produce mischievous consequences to the health and vigour of the physical system.

Great care ought, therefore, to be taken to avoid exerting the mind to displays of extraordi-

nary activity, lest, in efforts of this kind, too frequently repeated, that disproportionate action of the nervous and the muscular systems may be induced, from which the most serious injuries are to be apprehended : on the other hand, too exclusive a devotion to active exercises is as much to be deprecated, from its tendency to abstract the mind from intellectual pursuit, and to impair its natural energies.

With the practices of any religious sect, these observations are not intended to interfere ; but a passing reference may be made to the motives of policy which have induced the original founders of some of our religious institutions to prohibit, or rather reduce, the quantity of food, and, in some instances, even to forbid the use of flesh meat, that the impetus of blood might be restrained ; and, that it really should be so, have gone so far as to direct the occasional abstraction of that vital fluid. Doubtless the views of these holy directors were pure and laudable—they, probably, hoped, by reducing the physical force and energies, to regulate the violence of the passions. It is not, however, by such means that we can moderate their vehemence ; the system will become power-

less under so inactive a direction, and an irritable state of excitement will not unoften follow the consequent state of debility; yet the desires implanted by nature will survive the physical wreck, and assert their power, though the nervous system may be in ruins.

It is in the coeval regulation of the mind and body that all vital property sympathizes; the nervous system being the solar ray to which the animal power pays homage—its influence diffusing, and its purity insuring what is poetically termed, the “sunshine of the mind.”

On a review of these observations we cannot but be struck with the vast importance of early judicious discipline, at a time when the mind may yield with the pliancy of the bending osier, and where good or bad habits may, with equal facility, be engrafted on the juvenile disposition. In education, how many blessings are combined with moral instructions; how easily may a vivid, or, rather, a restless imagination, be fixed by the moral truths of history, where names and dates profit the memory, and remembrance becomes mechanical. Novels and romances, on the contrary, by giving a

spurious display of the incidents of life, disqualify the wavering girl from her duties, by falsifying the light and shade; for, unlike the boy of the same age, who will probably, in military, professional, or mercantile life, lose the ephemeral folly of his early days, she will still indulge her propensities the more earnestly, because she has broken the fetters of youth, and is disentangled from the discipline of study.

But when these maladies desolate the hope and promise of the married state, by producing barrenness, in addition to the loss of all those amiable susceptibilities and traits of disposition which form the materials of nuptial bliss, they assume a tremendous aspect, and seem to scoff at medical aid.

Such are our observations resulting from experience. We shall not discuss any further arguments in favour of *physical education*, except to implant a parting assurance that it will determine the character, regulate the morals, and influence the health, either for good or for evil, according to the discretion with which it is administered.



## SECTION II.

*On Female Complaints.*


---

Trust not too much your own resistless charms ;  
Those, age or sickness soon or late disarms.

---

POPE.

THE engaging modesty, and the bewitching softness which are united in the character and form of Woman, give her an irresistible claim upon our dearest affections. In a scarcely less powerful degree, do the diseases which are incident to her sex, entitle her to our warmest sympathies and our most ready assistance to alleviate them. To notice these maladies, and to distinguish those which are natural from the morbid effects of habit, propensity, and indiscretion, form a part in the design of this work. Feeling ourselves impelled by our *duty*, as well as by a moral sense of our obligations as *men*, we shall endeavour to make evident those circumstances and situations to which Nature herself, as well as frailty of disposition,

frequently exposes the female, and to shew the necessity of prompt and effectual medical interference.

Equally, if not more malignant, are the diseases incident to the softer sex, than those maladies which are peculiar to men. As the beautiful colouring of the delicate flowers wither beneath the incipient breathings of the destructive mildew, so the frail texture of female beauty gives way when the worm of disease has made its earliest lodgment. Alike the fair and the flower—both forms of beauty, designed by nature to attract and fix our admiration—are susceptible of the slightest touch of corruption, which too soon insinuates itself into the sanctuary, converting it into a gloomy ruin. Imagination can scarcely conceive a more heart-desolating scene than the destruction of fascinating beauty—when morbid ugliness usurps the prerogative of time, and anticipates his despotic ravages.



## SECTION III.

*First Æra of Woman.*


---

Our yoke and sufferance shew us womanish.

SHAKSPEARE.

---

PAINFUL as it is to a susceptible mind to witness the struggles of *man* writhing with disease, and to see his once robust, hardy frame emaciated by its attacks, yet how much more so is it to behold the tender, delicate, fragile texture of *woman*,

“ Fairest of creation ! last and best  
Of all God’s works ;”

of woman—who composes the grand charm of life, and gilds all man’s dream of happiness by her enchantments—gradually sinking into decay, under the pressure of sickness !

Whilst we gaze enraptured over her charms, shaped in symmetry, and cast in Nature’s fairest mould, to delight and captivate, how melancholy

to reflect, that there is a lurking evil in the bud, which will prevent its expansion into bloom, and defeat the hope of promised futurity.

“ Behold yon rose, an emblem of the fair !  
 Its vermeil tint, so lovely, bright, and clear :  
 As it expands, more beautiful it grows,  
 And on each passing breeze a perfume throws.  
 Pity, alas ! such beauty should decay,  
 To worm, or canker, fall resistless prey,  
 But so it is ; its glossy colour flies,  
 It sickly lives, or prematurely dies.”

The human frame is, indeed, a wonderful piece of mechanism : the female form being more delicate, tender, and susceptible, is more liable to derangement ; it has peculiar sympathies, as antecedents or consequences of the part which women are destined to bear in the complex and important process of generation.

On the health and beauty of woman depend all her attractive powers over fiercer man ; and, as the charm of life with the former is concentrated in a union with the latter, how imperatively is it her duty, not only to perfect the felicities which attend marriage, but to insure the welfare of her posterity, by timely attention to the grand blessing of health.

“ La misera tacendo  
 Per soverchio desio tutta si strugge ;  
 Coi perde belta, se'l foco dura,  
 E perdendo stagion, perde ventura.”

GUARINI.

In silent grief absorb'd, the wretched maid,  
 By passions too refined, too ardent, lost,  
 Lets time unheeded pass, her beauties fade,  
 And with the *present* hour her *future* hopes are lost.

Many an amiable woman, from false delicacy, suffers her health to be endangered before she can summon resolution to apply for assistance ; to *such* we address ourselves in the voice of friendly admonition. We would conjure her to reflect that even the highest virtues may be carried too far ; so far, indeed, as to border on vices. This is eminently the case with delicacy ; for while nothing in the whole range of moral sentiment can be more beautiful than winning, retiring decorum, yet, when fastidiousness is erected on this sentiment, of so excessive a nature as to endanger comfort, nay, even life, it surely becomes criminal. And here, also, we must hint, that the plans for receiving advice, mentioned at the end of this Treatise, leave no excuse for negligence, since they make every allowance that the most refined modesty can demand. But we must caution our

fair reader, not for the sake of sparing herself a little pain in the avowal of her feelings, to entangle herself in the snare of public empiricism. Too often the nostrum-vender (who, without knowledge or experience, aggravates slight diseases, and not unfrequently renders severe ones mortal,) seizes on the unhappy victim of false delicacy, and stimulates her by the unconquerable activity of an empirical remedy, until he places her beyond the reach of experience to relieve.

In most cases, we are happy to say, success has been awarded to our exertions. Where advanced years, or insuperable obstacles of nature have opposed our attempts at *complete* success, we have been gratified in affording that relief which might be rationally expected.

Many of our patients, some of high rank and influence, have confided their situations to our integrity, which has never been questioned; and we trust our professional reputation has been the means of arresting many a votary to indiscretion ere too late. Such marks of honourable confidence have produced, as they could not fail to do, their legitimate effects—they have not only excited our

gratitude, but have operated as a stimulus to perseverance in a course which our conscience approves.

---

The important influence of that mysterious operation of nature, which is called *Menstruation*, upon the physical as well as moral character of the young female, renders it an interesting subject of investigation to the medical philosopher. Although he may find it difficult to arrive at any satisfactory conclusion as to the secret springs by which certain animal functions are performed; profiting by the experience of others, the light of science, and his own observations, he is at no loss to trace the effects of obstructions and irregularities, in a variety of morbid symptoms, and to determine by what process the animal machinery may be restored to its natural vigour, and the impaired constitution renovated.

*Menstruation* may be truly termed the axis of female health; round it the affections of the mind, as well as the sensations of the body, sympathies, sensibilities, and feelings revolve. On the first appearance of the *catamenia*, which, in our climate, takes place from the thirteenth to the



sixteenth year (sometimes, from habit and the influence of circumstances, varying to the eighteenth year), the character of childhood begins to disappear, and that of womanhood to develop itself. It is then that the vigilant eye of the tender and discreet mother will be continually on the alert, to mark the progress of those interesting changes in person, powers, and deportment, which will naturally occur, aware of the importance of this crisis, as regards all the future prospects of her child:—that on a close and unrelaxing attention to every symptom, and a prompt application of correctives in every instance of irregularity, rests the alternative whether the dear object of her ceaseless solicitude shall, in due time, become the happy ornament of her own circle, or be doomed to walk the stage of life, gloomy and desponding, with sickened hopes and frustrated expectations—a secret anguish withering the roses on her cheek and the joy in her heart.

At this important crisis, it is peculiarly essential that all reflections of a gloomy and dispirited character should be guarded against—every circumstance or conversation which can have a tendency



to unhinge the mind or to depress the animal spirits should be avoided with the utmost circumspection—the parent's eye should mark the changes of countenance which uniformly take place at this period, when the bloom of health is often superseded by the pallid languor or the hectic flush—so symptomatic of peculiar indisposition. The interesting sufferer, inexperienced—uncertain of the precise character of her disorder, and irresolute as to the course to be pursued—needs, at this moment, all the vigilant care which maternal experience is so competent to bestow. But when any symptoms out of the natural course exhibit themselves, when irregularity is developed, and the appearance of the *catamenia* is either preceded or accompanied by spasmodic affections, recourse should be immediately had to professional assistance, without tampering with the disorder, in order to prevent that train of evils which may too surely be apprehended from any improper treatment of the disease at its outset. It cannot be too strongly impressed on our fair, and, too often, thoughtless readers, that most of the pains and disappointments which too often mar the happiness of the more advanced period of female existence, are to be attributed to the im-

prudence, ignorance, or inattention which marked the interesting period when womanhood displayed its earliest characters in the habit and constitution.

---

Medical Science has classed the diseases to which the female is liable at this period, and which are referable to menstruation, under two general heads or classes : viz. *Amenorrhæa*, or interruption of the menstrual flux ; and *Menorrhagia*, or the immoderate flow of the menses.

#### *Of Amenorrhæa.*

There are two kinds of interruption of the menstrual flow : the one, when it does not appear at that time of life when it ought to commence, and which is called a retention of the menses, or *chlorosis* ; the other, when, after having repeatedly appeared at proper intervals, it suddenly ceases to re-appear, without any assignable cause — this is termed a *suppression* of the menses. The former of these disorders arises from a weakness of those uterine arteries, by which the blood is impelled to the extremities ; and the latter, to some preternatural resistance in those extremities

by which the discharge of the blood is prevented. As the period in which this discharge commences varies in different females, according to the disposition and habit, the injurious retention of the menses beyond the time they ought to exhibit themselves will be discerned by the appearance of other disorders, in different parts of the body, about the time when the catamenia *should* appear, in case they are prematurely checked. These disorders are to be attributed to that retention, as they will be found to disappear as soon as the natural discharge takes place.

The disorders alluded to are sluggishness—frequent sense of lassitude and debility—symptoms of dyspepsia, and sometimes a preternatural appetite, which latter is often so singular and capricious in its cravings, as to require chalk, lime, rubbish, charcoal, and other substances of an absorbent character for its gratification. The face loses its vivid colour, assuming a pale, perhaps a yellow hue—the whole body is affected with paleness and flaccidity, with œdematous swellings, more especially in the feet. Any quick or fatiguing movements of the body cause a hurried breathing, and the heart is liable to palpita-

tions, and syncope. These various symptoms are generally accompanied by head-ache and muscular pains, particularly in the back, loins, and haunches, with a greater or less degree of acuteness.

The causes of these symptoms have been thus defined by a writer\* whose skill and experience gave him the highest rank in the medical profession. "As a certain state of the ovaria in females prepares and disposes them to the exercise of venery, about the very period at which the menses first appear, it is to be presumed, that the state of the ovaria and that of the uterine vessels are, in some measure, connected together; and as, generally, symptoms of a change in the state of the former appear before those of the latter, it may be inferred that the state of the ovaria has a great share in exciting the action of the uterine vessels, and producing the menstrual flux." But analogous to what happens in the male sex, it may be presumed that, in females, a certain state of the genitals is necessary to give tone and tension to the whole system; and, therefore, that if the stimulus arising from the genitals be wanting,

\* Dr. Cullen.



the whole system may fall into a torpid and flaccid state, and from thence *chlorosis*, and retention of the menses, may arise.

The second class of menstrual interruption is that which arises from such suppressions as occur after the discharge has for some time been regular in its periodical returns, and which, as we have before stated, is to be referred to the presence of some preternatural obstruction in the extremities, by which the discharge of the blood is prevented. This suppression may be caused by cold, fear, and other causes, which produce a constriction of the extreme vessels of the uterus. General debility will also produce this kind of suppression, which, in such case, is termed symptomatic.

Should the suppression continue long, the symptoms display various changes in the blood which should have found a natural vent, and the obstruction of which causes it to determine itself into other parts of the system, and to find new outlets. Hence, sometimes, arise hæmorrhages from the nose, lungs, and stomach; hysterical and dropsical indications will also be found, attended by colic pains, and tension of the abdomen.



There is another obstruction, called *Dysmenorrhœa*, where the menstrual discharge is inadequate, attended with difficulty, and acute pains in the loins, back, and lower belly. This disorder has been imputed to weakness in the action of the uterine vessels, and also to spasmodic affections of the extreme vessels: the latter is more generally believed to produce this morbid effect upon the menstrual flux, which becomes coagulated, and often interspersed with stringy membranous particles. In all these cases, there is nothing so dangerous as the intermeddling assiduity of individuals, who have neither been qualified, by education or observation, to offer advice or to prescribe remedies.

*On Menorrhagia, or the immoderate flow of the  
Menses.*

The menstrual flow may be considered as immoderate, when it recurs more frequently, when it continues longer, or when, during its ordinary occurrence, it is more abundant than is usual with the same person at other times. The usual intervals between its appearance are from twenty-seven

to thirty days; the period of its continuance varies in different people, from two to seven days. It is remarkable, that women, apparently of the most delicate constitution, have a more copious and longer continued discharge than strong, robust, and florid individuals. No certain rule can be laid down as to quantity; but the female herself can always judge when the flow is immoderate.

Prodigal discharges of this important fluid must, of necessity, produce proportionate weakness; and when they are suffered to continue too long, or occur too frequently, it is to be inferred that the vessels are weak, the blood thin, and the habit plethoric.

The causes of this disease may be found most immediately either in preternatural increase of the hæmorrhagic effect of the uterine vessels, or preternatural laxity of the uterine arteries, the hæmorrhagic effect remaining in its natural state. The more remote causes of this irregular menstruation will be found in the habit of the female herself. Those, also, who indulge in a

full and nourishing diet and strong liquors, will be liable to this disease. It will be also induced by violent strainings, shocks from falls, violent strokes or contusions on the belly, great exercise, particularly dancing, strong excitement of passions of the mind, exercise of venery during menstruation, costiveness, cold applied to the feet, especially dampness. Females should, therefore, be particularly cautious not to sit in wet shoes, or on a damp floor, nor in any way to expose the feet to sudden cold and moisture. Abortions, intemperate indulgence of the appetite, private excesses of every character, and excessive mental agitation, have been said to aggravate this disorder ; nay, in females of a delicate habit, a warm chamber, and even the use of warm fluids, such as coffee, have been thought conducive agents.

The symptoms are head-ache, giddiness, dyspnoea, ushered in by chillness and pain in the back, with a frequent pulse, violent heat, and immoderate thirst. After the continuance of these symptoms, the face becomes pale, the pulse weak, slight exercise produces debility and short-

ness of breath ; an erect posture is painful. At this time, professional attention should be no longer delayed.

The chief danger arises from the negligence of the female in the earlier stage, or rather from the diffidence and want of candour in the sufferer, who is restrained by a false and injurious delicacy from stating her real situation ; the case, in consequence, often becomes violent and difficult of cure. It is a lamentable fact, that cases have occurred, where the indiscretion of concealment has been followed by fatal consequences. The young and beautiful female has been arrested in her healthful progress—the rose-tint which adorned her cheek has been withered by disease, and, at the very moment when her charms had fully disclosed themselves to an admiring society, death has snatched her away from a circle which she appeared destined to adorn ; and this disastrous result has arisen from concealment of the real evil, a knowledge of which would have ensured the application of successful remedies.

The progress of decay thus exhibited in the



fever of youthful beauty, may be assimilated to the beautiful picture which Young has given of the withering flower :—

“ Thus the fair lily, when the sky’s o’ercast,  
At first but shudders in the feeble blast ;  
But when the winds and weighty rains descend,  
The fair and upright stem is forced to bend :  
Till broke at length, its snowy leaves are shed,  
And strew with dying sweets ther native bed.”

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*Pregnancy* and its consequent diseases form a subject of too much importance to be discussed in the cursory manner to which our limits are confined. They embrace such a wide variety of symptoms, such an interesting complication of cause and effect, and so many relative considerations, moral as well as medical, that we shall not attempt to enter on a subject which has occupied the attention of the ablest practitioners of our age and country, who have critically examined it, and have favoured the world with the result of their investigation, in treatises which will hand down their names to posterity, as practical benefactors to mankind. Doctors Denman and Smellie



hold an elevated rank, and the excellent works which these eminent men have published on Midwifery, may be referred to with great advantage, as they combine the reflections of the closet with long and accurate observation, and an extensive, honourable, and successful practice.

## SECTION IV.

*On Leucorrhœa, Fluor Albus, or Whites.*

AMONG the variety of diseases incident to the female constitution, there is, perhaps, none more loathsome in its character, nor more injurious to the system, than the one to which this Section of our work is devoted. The external symptom of this unpleasant disease, which is produced by different causes, is a discharge of depraved mucus, differing in colour, quantity, and consistence, as it may be operated on by circumstances. Medical writers are by no means agreed as to the precise nature of this discharge, which some have described as flowing from the womb, others from the vagina alone, and others from the menstrual vessels. It frequently appears just before, or immediately after, the periodical flow; and it is to be lamented, that many women have fallen into monstrous error in considering this discharge conducive, and even necessary, to health. *Dr. Robertson* mentions an instance where a female had become completely emaciated by its influence; yet so strong was this

infatuation upon her mind, that she believed herself indebted to this unnatural and mischievous emission for the little health she did possess. We believe that, to a similar prejudice, females often owe the concealment of the presence of this disease from the knowledge of their professional friends, who are thus at a loss to account for the extreme of debility, which is the inseparable consequence of its prolonged continuance.

Amongst the causes which have been assigned for this disease, the following stand conspicuous : *Difficult* labour, abortions, and uterine hæmorrhages ; to which may be added inflammation, and whatever can induce subsequent atony of the membranes investing the vagina and uterus. It has also been asserted, that an unnatural suppression of the mucus discharged from the nose, or of the lacteal secretion of nurses, has produced this disease. It has been discovered in infants at their birth, and very frequently continues to afflict its victim for years. In some cases it has been known to defy the utmost powers of medical aid, until, after a lapse of years, it has reduced the unhappy patient to the utmost limit of emaciation and debility.

The symptoms of the disease are pains of the back and pubes, extending to the spine, affecting the head, the stomach, and the intestinal canal. The kidneys, the bladder, the contiguous parts, all sympathize in the disturbance. In earlier stages there is no visible alteration in the general health; but the disease is incessantly undermining the constitutional faculty, which gradually acknowledges the appalling power of the invader, and sinks in its destructive grasp. Under its ravages the countenance experiences a melancholy, and often rapid, alteration—the flush of youth and health gives way to sickly paleness—the animated expression of the eye is superseded by a heavy dulness, and a livid semicircle forms beneath it; the skin becomes discoloured—the ancles swell towards evening—appetite and digestion are impaired—morning and evening sickness harass the sufferer; added to which the alvine functions become torpid—the urine assumes a thick and otherwise unhealthy appearance—cough ensues, and the menstrual discharge becoming deranged, exhibits an injurious and preternatural irregularity. Nor are the symptoms of this insidious malady confined to the visible changes on the external frame, and the degeneracy of the animal functions;

for the mind feels equally affected with the body, becomes susceptible of alarm on trifling occasions, and gradually disposes itself to melancholy; in others, a fretful and impatient disposition is aggravated into the extreme of irritability. But one of the most afflictive and important results of this disorder is *barrenness or sterility*.

The discharge in leucorrhœa varies as to its colour, substance, and quantity, being sometimes profuse, but often scanty; and is much operated upon by the habit of body and mind. In colour and substance it will be at one time thin, transparent, and limpid; at another, thick and impregnated with fleshy lumps, coagulated masses, and parts of membranes.

Occasionally, also, this unnatural fluid is so charged with acrimony as to cause excoriations on the upper parts of the thighs, as well as in the internal parts where it is secreted; emitting, at the same time, a most fœtid and obnoxious smell. On the appearance of this acrid fluid, unskilful practitioners have hastily concluded that an ulcer has existed in the uterus, when, in fact, the pudenda have been merely excoriated. Under these



circumstances, leucorrhœa may, in married ladies, be the innocent cause of suspicion, where at least the complaint has, from motives of delicacy, been concealed from their husbands; and it is necessary to make this avowal, that the chastity of married persons, so situated, may not meet the obloquy that might otherwise attach to mere suspicious inference. We have met with such cases repeatedly, and a reference to those enumerated in the proper place\*, will show the great necessity there is for a minute investigation of the real cause; as the treatment of a disorder arising from connexion with a leucorrhœal patient is more troublesome than from any other cause. It has been too common to mistake a Gonorrhœa for a Leucorrhœa—the difference is detected by the constancy of the discharge in Gonorrhœa, with other symptoms that are not to be mistaken, while in Leucorrhœa the flow is inconstant, and regulated by circumstances before alluded to.

From such statements it becomes evident that this disease has a most malignant complexion when it has once been allowed to affect the system; yet, as even in its worst forms, a proper regulation

\* Vide Cases.

can improve the health ; so, of course, an early resort to professional help may effectually arrest its progress. The spontaneous cessation of the discharge, which will sometimes take place, is by no means to be received as a proof of the abatement or removal of the disease itself ; on the contrary, it has been found that such a suppression has been followed by internal pains of an excruciating nature, and by fevers, as well as by eruptions and ulcerations. But where the disease has been aggravated by too procrastinated a neglect, abscess, and even cancer, not unfrequently ensue. Even when such fatal diseases are escaped, the foundations are laid for a species of *barrenness* very difficult of removal.

## SECTION V.

*Second Æra of Woman.*

## ON STERILITY, OR BARRENNESS.

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Nec dulces natos, veneris nec præmia noris.—VIRG.

Debarred from Love's delights—from Childhood's fond caress.

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IN one of the novels of Kotzebue, there is a remark to the following effect :—" That nature, in the union of the sexes, having the multiplication of the species in view as her principal object, never fails, whenever an opportunity occurs, to urge them on to the accomplishment of that object." Be this as it may, it was the positive command of Heaven, that Man and Woman should go forth, after the fall, to multiply and people the earth ; and the proper means for that desirable end were given to them before the command.

But the All-wise did not stay here : aware that something more was requisite to induce man to render obedience even to his Creator than a simple command, with a view to enforce this decree, he connected *ecstasy* therewith, thus subduing, by the spell of pleasure, that natural disinclination to bend, even to the will of Providence, which exists, to this moment, in the depraved mind of man.

“ Our Maker bids increase ; who bids abstain  
But our destroyer, foe to God and man ? ”

MILTON, Book iv.

The penalty of disobedience to this command is the loss of that ecstatic enjoyment ; a penalty so heavy, that few are disposed to incur it. Nature has implanted in us a powerful disposition to perform the duty, rather than to hazard the total loss of the delight with which it is accompanied ; and every feeling of the human heart revolts from the surrender of that moral obligation enforced by Heaven, and the relinquishment of which must inevitably lead to a deprivation of so considerable a portion of the enjoyment of life.

Sterility, or barrenness, was of old recorded among the causes with which the Almighty

punished tribes, families, and individuals; yet it would appear by the volume of the Sacred Law, that on propitiation by prayer this punishment was remitted, and as the earlier physicians were also priests, so the record of their power by medicine may be properly adverted to in this place. See *Psalms* cxiii. 9, "He maketh the barren woman to keep house, and to be a joyful mother of children." And although, in this advanced age of society, the curse may appear to us somewhat qualified in a religious sense, yet, that it is a real curse, is evident from the discontents, anxieties, and even discords, which accompany it in the married state. There is nothing which seems to console us so effectually, that we must quit this brief and chequered state of being, as the prospect of perpetuating our professions, names, and, in some degree, even our lineaments. We seem thus to triumph over oblivion; to possess a strong guarantee that we shall, although in our own transitory forms resolved into common dust, still survive in those images which have sprung from our bodies, and partake not inconsiderably of our character, likeness, and disposition. As we approach the confines of the grave, we feel a greater necessity for some reliance of this sort. The



mind, in its increasing imbecility, as it loses sight of life, loves to cling more closely to the progeny in which it is to revive and continue the scenes of existence. Then it is that the cause of Sterility is felt in its full force, when the desolate and infirm wanderer is tottering over the tomb, and discovers that there will be left behind no memorial of name and being—then is the full affliction of a childless parent found in the dread of an oblivion never to be broken.

When married, the wife relies on the hope of children to relieve the many tedious hours caused by the necessary absence of her husband. In their presence, she looks for an ample relief from the gloom of loneliness; for those endearing companions, who, in still maturer life, may, in some measure, become the substitutes of her husband, and, in the event of the marriage tie being separated by death, who may become the solace and support of widowhood. In proportion as the female disposition has been habituated to dwell on these anticipations, must be the regret and sorrow which will ensue from a disappointment of hope. *She* cannot look for relief in those active employments, which, for many years, may blunt

the disappointment in the husband. The only remedy she can find will be in the resources of her own mind; and the character and extent of those resources depend mainly on the education and examples of her early life.

There are so many causes which immediately induce this lamentable deficiency, and their remote source is so often hidden from professional view, that it is only by a long course of experimental knowledge, an indefatigable study of the nature of the constitution, and a critical comparison of those causes and effects which are visible in the animal economy, that we can hope to draw them from their obscurity.

In the first place, *irregular menstruation* is a fruitful source of deficiencies in the conceptive powers; and whether this class of diseases has assumed the form of a long continued *chlorosis*—whether the constitution is oppressed by a *retention*, or exhausted by an *excess*, of the important flow, the marriage expectations are equally liable to disappointment. It may appear astonishing that such opposite causes should be productive of the same effect. Nevertheless, such is the fact.

But it is much more astonishing that practitioners in general have committed the formidable error of treating all cases of sterility alike. Hence, they so seldom succeed in curing them. The only possible mode of relieving this affliction is to discover, by a careful analysis, the route which the diseased actions took, when they produced it, and then, by vigorous and well directed efforts, to compel the enemy to retrace his steps. But vain, indeed, must be that practice that would endeavour to remove barrenness from *excess*, and barrenness from *diminution* of power, by the same means. *Leucorrhœa* we have already noticed as a very general cause of female sterility, and of a kind extremely difficult of removal. Not, indeed, that it is so difficult to repress a leucorrhœa, but because a very extensive command over the human frame must be acquired, in order to prevent the suppressed malady from exciting internal disorders. Indeed, we have numerous instances daily before us, which prove, that not only the disease we are now speaking of, but half of the cases of *cancer* and *prolapsus*, which so dreadfully afflict aged females, result from the attempts of the uninformed to repress vaginal discharge.

Excessive *disparity* of *years* will sometimes impose a fatal check upon the propagative powers. Instances have come under our observation of young females, who, after intermarrying with men whose ages tripled their own, and devoting the spring of life to a chaste and unfruitful compliance with the convenience of their antiquated husbands, have subsequently bestowed their hands on younger spouses; but, owing to the want of due action, at a time when the generative functions were in their original vigour, and powerfully pleading for the evidence of their energy, a mortifying incompetence has ensued. Cases of this description, however, as they result from torpor and inaction, rather than from incapacity, (if the patient be not *too far advanced in life*,) are easily amenable to medical amelioration, and offer the experienced practitioner a fair opportunity of displaying the true character of his skill and experience.

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But one great cause of *sterility* in the female sex, as it is of *impotence* to the male, is the indulgence of passions in youth, in a manner which is



as contrary to nature as it is obnoxious to moral feeling. That young girls too frequently ruin their constitutions and lay the foundation of future misery (on their arrival at that crisis when society demands the fulfilment of the great end of life in contributing to the propagation of their species), by criminal propensities, is too palpable to require proof.\* This unfortunate error may, in some degree, arise from that rigid custom which wisely prevents unmarried females from indulging in the natural gratification of the master-passion, except at the total loss of reputation—of that gem which constitutes their chief ornament, and the plundering of which renders them poor beyond expression.

As in man, so in woman, this pernicious habit takes away the *inclination* for those pleasures with which the multiplication of the species is connected, sometimes it destroys the actual *power* of

\* Tissot, in his Treatise, instances the case of a young lady between twelve and thirteen years of age, who, by this abominable practice, brought on a consumption, with a large hanging belly, the *fluor albus* and a *diabetes*, from the effects of which medicine had no power to relieve her; and although life was protracted by medical aid, yet, by the fatal consequences of her misconduct, which preyed upon her form, it was rendered intolerable.



effectual communion. The dismal consequences of this diseased disrelish for nuptial duties break forth at that time of life, when circumstances call for matrimonial union; and when the fond husband, who has dreamed of blisses which reason scarce could sketch, instead of receiving into his arms an anxious teeming bride, clasps a still statue without animation, listless, apathetic, and hardly disposed in the slightest degree to reciprocate the connubial embrace. Time gradually awakens him from his delusion, when he finds himself tied to an unprolific bed, and the blessing which Heaven pronounced in the terms "*thy children shall be as olive branches round about thy table,*" denied to him; indifference succeeds to love—hatred to indifference—and inconstancy closes the scene, to the complete destruction of that consolation which he had anticipated from the married state, and to the violation of the solemn and civil contract into which he had entered in order to perpetuate his name to posterity.

In such a situation, the affliction is not confined to the husband; the wife experiences her share of punishment, for barrenness is perpetually productive of ailments without number, and of anx-

ieties and perturbations of mind without end. Her frame loses its gracefulness and beauty—she has neither loveliness in her looks nor animation in her eye—her mind is a chaos of confusion, nay, of remorse, of despair—she *feels* nothing of the sweet endearments of love, or of maternal affection—hope, which communicates delight to others, only serves to aggravate her distress, sickening her spirit with continual deceptions, and happiness plays around her to allure the fancy, but uniformly vanishes on any effort she makes to grasp it.

Women who are addicted to self-pollution not only encounter all the symptoms, dangers, and consequences incident to the other sex, but a variety of others, to which man, from the difference of his formation and organisation, must necessarily be a stranger; many of the symptoms, too, which afflict men exhibit themselves in women with increased malignity. The latter in a more peculiar degree are subject to jaundices of the most inveterate description, which mock the attacks of the most powerful remedies; to violent spasms, which afflict the back and stomach with intolerable anguish; to hysterical fits and vapours of the most settled and gloomy description; to the *fluor*

*albus*, the discharge of which is in these cases accompanied with the most terrible pains; to descents and ulcerations of the matrix; and all the diseases, weaknesses, and infirmities, which are incident to these female maladies: to the enlargement of the *clitoris*, and its annoyance with shooting pains; and finally to that most dreadful of all disorders, the *furor uterinus*, which deprives them at once of that modesty, which is the chief ornament of the female sex, transforming them into gluttons after voluptuousness, and reducing them to the level of the most lascivious of the brute creation, until the unbridled fury of the passions so rends and ravages the vital functions, that the wretched victim sinks into the grave.

The votaries to this sinful propensity soon begin to lose that natural and bewitching bloom which tinges the cheek of the innocent virgin, and that delicate softness of feature which is the characteristic of youth; the skin assumes an unnatural roughness, the ruddy hue of health is superseded by a lead-coloured tinge, the lustre departs from the eyes, and is replaced by a sickly languor; the lips no longer wear a mantle of vermilion, and the ivory enamel quits the teeth; universal leanness

takes possession of the frame, and not unfrequently does it happen, that deformity distorts the body.

This distortion is produced by the weakness of the spine, which loses all its natural vigour whenever self-pollution has been carried to a great pitch; and from this giving way of the spinal power, frequently proceeds the disorder called the *rachitis*, commonly known as the *rickets*, which, under these circumstances, attacks females even at the age of sixteen, and causes terrible irregularities and deformities in their growth.

It is owing to the practice of self-pollution, that so many women prefer a life of celibacy to the enjoyments of the matrimonial state. In them, as in the male sex, this infatuation gradually destroys all desire and relish for Hymeneal pleasures, producing an indifference, which, even in the event of their marriage, accompanies them to the nuptial bed; and the acknowledgment of females is on record, that so entirely had this practice gained the ascendancy over them, that they viewed with abhorrence the natural and ordinary mode of gratifying their passions; pre-



ferring this odious practice to those legitimate and rapturous enjoyments which are followed neither by agony, remorse, punishment, or peril.

The influence of the passions upon the nervous system is as extraordinary as it is apparent. The ruins of many a lovely edifice, destroyed by the tempestuous violence of ungovernable feelings, are to be found in all classes of society. The tyrannous power of one passion consigns its inevitable victim to a prison, and to death. The equally powerful, but more secret, influence of another, entails on its unhappy dupe the more terrible, if less ignominious, certainty of a lingering but inevitable fate. The tribunals of public justice take cognizance of the one, while the other will find its sentence of just severity where darkness presents no barrier, and solitude no secrecy.

It would be a source of consolation if we could be allowed to congratulate ourselves on the unfrequency of this intemperance of passion ; but, alas ! there is no room to doubt, that amongst females this vice is uncommonly prevalent ; it may be styled the *fashionable* vice of young women : too many young and inexperienced girls are seduced,



in the first instance, by depraved servant-women, to whose care they are entrusted ; by these wretches the first seeds of vice are implanted in the youthful bosom ; by them they are cherished and cultivated, and the thoughtless child is hurried beyond recal along the path of destruction. From her parental home she carries the blasting infection to the boarding-school, and here a whole circle is rapidly contaminated ; one delinquent encourages and stimulates another ; all the foundations of virtue are by degrees sapped ; the moral economy of the mind is completely overthrown ; the basis of perpetual disease and misery is laid, and it is scarcely probable that any future reform will prove effectual to eradicate the evil. There may, it is true, be some momentary checks imposed by the fearful warnings which will, with growing frequency, exhibit themselves in sudden and alarming symptoms ; but the instant a pause in the habit has succeeded in soothing the victim into a brief tranquillity, the inclination to the vice will generally return, and become extinguished only but with the total power.

The contemplation of these circumstances naturally leads to some considerations on the duties

of mothers. In addition to the modern practice of garnishing the female mind with a variety of accomplishments, in many instances superfluous, and sometimes injurious, if some pains were taken to fit them for those more imperative duties which are one day to devolve upon them in their conjugal and maternal characters, the examples of female depravity in the advancing stages of life would be materially diminished. But it is too much to expect that parents, who, by reason of their own youth and inexperience, have no superfluous discretion themselves, can be qualified to impress early lessons of salutary knowledge on their offspring. Experience, indeed, and the desultory information accidentally picked up in a succession of casual intercourses, may enable a young mother to falter through those duties which are of the most immediate necessity, but can never supply that ability to mould correctly the minds committed to her plastic care, which result from a well-regulated and complete education. Subjects of loftier interest to society, or of more endearing pleasures to parents themselves, can scarcely be conceived, than the organization of youthful habits; and we are decidedly of opinion, that a little more *maternal* attention directed to this point, would,

in its consequences, prove a more powerful preventive of unhappy marriages than all the checks which legislative wisdom may devise, or all the provisions which a stern and unrelenting morality may suggest, or attempt to carry into execution.

Too much care cannot be taken in the selection of those individuals to whom the scholastic instruction of the female mind, the developement of its powers, and the formation of character, are entrusted ; for when it is recollected, that upon the impression made during that tender age, when the disposition is pliant and the heart open to receive every impulse that is applied to it, the subsequent life is entirely regulated, it becomes a subject of no inconsiderable importance into what hands the tremendous responsibility should be committed.

Considerations of this kind, although they are founded in truth, and must readily suggest themselves to every intelligent observer of society, will have but little effect in changing the course of habits which caprice and fashion will generally direct—reform in these essential errors will be vainly looked for. The same improvidence in education will still exist, and will be attended with

the same result of misery and crime. We must not expect to find preventives for vice, where, alas! the very sources to which reason and nature teach us to look for them, are in themselves impure. Every effort, therefore, must be made to check the evil by the powers of art, and to provide such meliorations as medicine can offer; and we turn from this dark and gloomy, but certainly unexaggerated picture, to one of more cheering prospects; and truly heartfelt is our gratification in being enabled to say, “Even the desperate causes we have described are not beyond the reach of science; all are susceptible of relief—many of cure.” We are, indeed, aware, that by many men of high attainment in the less enlightened period of medical information, *relief* has been deemed impracticable. But we are also perfectly aware, from *our own experience*, of the probability of a cure; and that even where the disease of sterility appears to have taken the firmest hold of the female constitution, assistance can be given to the suffering patient, not through the application of transitory *stimulants*, to the destruction of all constitutional vigour, and ultimately of life; nor yet by speculative remedies, which, by changing the symptoms and appearance of disease, may induce



hope and lead to ardent expectations—only to destroy them. But adopting a treatment to each individual case, by means that are directed to the “*fons et origo mali*,” to the *cause* of the malady, our plan is to search, unhesitatingly, for the original or primary source of sterility, and to combat it by the most efficient agencies, whether moral, medical, or dietetic. That we are certain of accomplishing this in all cases, it would be presumption to assert. But that we have studied the female economy until its most hidden functions have ceased to be mysterious, and that we have collected cases, and investigated facts, until almost every possible contingency has been before us, we will boldly affirm. Nor has success been denied to our long and painful toils; for our practice has been found so happily conducive to *real* blessings, that *we* now consider sterility to be like any other general disease—remediable by proper attention. That the developement of this desideratum has previously escaped the researches and conceptions of the studious inquirer, is evident from the uniform failure of *general* attempts, and, callous indeed should we be, if we felt not proud feelings of exultation, when we reflect, that it is through our humble means that this great triumph over human



suffering has been effected. The evidence that supports our claim to this discovery is sufficiently abundant, and has been long before the public; but for instances of complete success (which are by no means rare) the reader is referred to the *Cases at the end of this Work*, where it will be seen, that parties who had been for years precluded from the ecstatic pleasures of matrimony, have, by a patient and persevering submission to our treatment, aided those changes of system which restored them to society, happy and prolific mothers.

Before we conclude this Section it is necessary to observe, that there are many instances of apparent sterility, or retarded gestative sympathy, which may arise from a constitutional apathy, and without reference to the imprudent habit which has given rise to the preceding observations. As these aberrations do not originate in the morbid changes before alluded to, the method of treatment is proportionably limited and certain.

## SECTION IV.

*The Third Æra of Woman.*

## ON THE TURN OF LIFE.

FROM the observations of the preceding Sections, some of our readers may be led to infer, that neglect and vice are the causes of all the maladies to which the female sex is liable. This, however, is not the fact. Nature has assigned to them a class of diseases, from which the other sex has been exempted, and no care or attention will enable woman entirely to escape from their influence. From the very character and construction of the female organs, there are peculiar crises in their lives when every solicitude is attracted to them. Of these crises, those at which menstruation commences, and when it ceases, form the most prominent. Of the former we have treated; and we come now to speak of another most important period of female life, viz. that period when the menstrual flow, by its gradual

disappearance, warns the party of an eventful change. It is usually known as *the turn of life*, and takes place from about the 40th to the 45th year ; though it is sometimes delayed longer.

The diseases that spring up at this time are numerous and formidable ; and it behoves all women undergoing the change in question, to reflect seriously on their situation. Let them not suppose, that because many have passed through the turn of life with little difficulty, it is therefore to be neglected ; for, though a safe conduct through it is ensured by applying to a practitioner of experience, yet such is the fatal effect of empirical interference on the one hand, or of neglect on the other, that we are assured more women are carried off during the cessation of the menses, than at any other period of life.

At the time this fluctuating change is going on, the constitution should be most carefully regulated, for the menstrual vessels do not suddenly surrender their secretive power, but usually a distressing irregularity torments the patient, attended with internal pains, sometimes actual enlargement of the womb, which may be mistaken

for pregnancy, &c.; indeed, many are the presumed disorders that the sufferer attaches to herself, often unwilling to allow the important truth; and it is to be lamented that habitual dropsy is not unfrequently the penalty of concealment. Some are afflicted with the well-known symptoms of plethora, heat, flushings, restless nights, troublesome dreams, and unequal spirits; others are attacked with spasmodic affections—stiffness of the limbs, swelled ancles, piles, and other indications of plenitude. When the menstrual discharge is about to disappear, it becomes irregular both in *time*, *quantity*, and *quality*; sometimes sparing, sometimes profuse. Women, however, must be so sensible of the peculiar influence this secretion has upon their frame, that we have only strenuously to advise their consultation with a medical friend, as soon as any symptoms of this constitutional derangement shall begin to display themselves. Frail in her constitution as she is beautiful in her form, and delicate in her texture, Woman, from her infancy, demands the first care of the sterner sex, and the frequent interference of professional art to sustain her under the complication of ills which is incident to her situation. Scarcely has she emerged from

the nursery before she has to encounter the difficulty and pain which attend the first exhibition of the *catamenia*. She has then to meet the danger which awaits her in the effects of that solitary vice which we have described; and in the next stage she must endure the capricious troubles of pregnancy, and the painful moment of its result: and when these have ceased, she must prepare for the new catalogue of symptoms and anxieties which accompany the departure of that secretion which has contributed so largely to the troubles and hopes of her earlier life; and which leaves her with visible reluctance, and many a parting throes of excruciating anguish.

As menstruation in early life may, and does, by its equal progress, contribute to the greater enjoyment of health, and to the capacity for engendering and then fulfilling the grand purposes of nature, until the middle age; so at that time does the gradual declension of the uterine actions predispose the system to different impressions, until at length the total loss of the accustomed flow makes the third *era* of female life. It is then that the season of tranquillity commences. Having passed the *climacteric*, the middle-aged woman is



emancipated from the tyranny of the more tumultuous passions of former years. Like a weary traveller who has traversed a tedious wilderness, and has encountered many a peril, and been scathed and wounded at every step, she can review, coolly and dispassionately, the course through which she has been led by circumstances, and look back with something like cheerfulness on scenes and events which were once the sources of pain and disappointment. Time has healed her wounds, and, with age, has brought wisdom : and she who has suffered the most affliction, with the help of a well-regulated mind, can contemplate, with comparative certainty, and a happy composure, the prospect of a lengthened old age, and commence the performance of its appropriate duties.



## PART THE SECOND.

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### *Notice to Patients.*

THE following communications and cases are made public, at the earnest desire of the parties who have been the subjects of our care ; some of whom have intimated a wish to have their names attached, and others have objected from motives of secrecy. To prevent any unpleasant feeling on so delicate a subject, we have substituted the general initials of A. B., C. D., &c. ; nor do we intend at a future period to adopt any other plan, nor to publish any case or communication, but such as we may be entitled to make public, at the *request* of the parties themselves, to whom such cases refer. By this means we shall always avoid the risk of bringing mortification on those who have confided in us.

Our usual method is to return the correspondence on the termination of a case, or to destroy it, as we may have been apprised. By a continuance


of the same course of practice, we hope still more to enlarge the annual list of our friendly and grateful correspondents ; and still more effectually to bring the class of diseases, which has been the subject of the preceding observations, within the control of the medical art. We consider it a duty to aim at this important object, and the greater our success may be, the more ample will be our reward ; and the stronger the consolation, that we have not misemployed our time, nor suffered what talents we possess, to remain inactive or unimproved.

It may, perhaps, be proper to state, for the information of those patients, who wish to consult us personally, that the hours of attendance at home, are from *Ten* o'clock in the morning until *Two*, every day (Sundays excepted).

Patients who reside in the country, at whatever distance from London, can have the remedies applicable to their several disorders forwarded to any part, carefully secured in a portable compass, and in every respect of *convenient* use : they are requested to be as minute as possible in the detail of their cases, as to the duration of the complaint,

the symptoms, age, general habits of living, and occupation in life of the party ; the communication must also be accompanied by a bank note, without which, no notice whatever can be taken of their application ; but to ensure that secrecy which is essential to the general object in view, it is not required of them to defray the expense of postage, as we are well aware of the delicate scruples that would be entertained in offering letters at a post-office for payment.

Ladies, whose peculiar complaints naturally excite a fearful hesitation in applying for advice, may rest assured that in most instances a personal interview is *unnecessary*, as remedies, with general instructions, can be as well administered through the medium of correspondence.

 All Letters to be thus addressed :—

“ *Messrs. GOSS and Co.*

*Surgeons,*

*Lancaster-place, Strand,*

*(Near Waterloo Bridge,)*

*London.”*





## CASES.

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### CASE I.

*Nantwich, March 12, 18—*

*Sir,*

I have been troubled for ten years with a discharge, and my misfortune is, to have lost the affections of a worthy husband, who declares, he is continually the same way through me: my age is 34, of a full habit, we live well; his occupation is a farmer. If anything can be done, let me know directly, and the expense, which shall be forwarded quickly,

Yours, &c.

A. B.

*July 31, 18—*

*Sir,*

I have nearly taken all the medicine, and am happy to say, I am nearly well, and hope this will be my last letter. My husband has had no complaint since I began your medicines,      \*      \*      \*

## CASE II.

*Sudbury, Nov. 30, 18—*

*Gentlemen,*

Having read your advertisement, I am induced to solicit your assistance. I have laboured under a painful disease for some time ; from shame I dared not apply to any doctor here. An old lady, to whom I at length did muster courage enough to mention it, said it was what most young women are subject to ; but this cannot be true, for ever since I began to feel the discharge, I have gradually been declining in health ; besides, my strength will not allow me to bear children ; my age is 28 ; have been married seven years, but never pregnant. If you will point out those necessary questions I will candidly answer them, and I hope the ability you possess will be exerted in behalf of a most unhappy wife.

Direct for C. D. Post Office, Sudbury.

*Feb. 28, 18—*

The discharge has long since left me ; and such has been the improvement of my health, that there can be no doubt of my family *hopes* being accomplished ; if so, you may be assured of hearing from me again.

## CASE III.

Cork, April 30, 18—

Gentlemen,

Having perused a paragraph inserted in the paper of the very great success you have received, induced me to address you, and acquaint you with a *debility* I am labouring under; till within these last twelve months I enjoyed a good state of health. Last October twelvemonth I was married, and soon after discovered symptoms of pregnancy; the April following, I unfortunately had a miscarriage, and for three months I was extremely ill, occasioned by taking cold; the surgeon that attended me was apprehensive I never should recover. Since the above-mentioned period I have been continually complaining, and for the last four months I have been very irregular in my *monthly discharge*: indeed, the *last seven weeks* it has *never ceased*, sometimes so copiously, that I am unable to move; three or four times a-day I am obliged to change, and am become *so weak* that I can scarcely bear the least exertion.

It will be necessary to inform you, I endured the most excruciating agonies on my marriage, from the passage being small; I could plainly perceive there was a bunch gathering, which seemed about the size of a pigeon's egg, and did not break till after the miscarriage; indeed, I am of opinion, there was something injured in my inside; for the pleasure has been nothing, but the pain dreadful. The medicine I have taken has not the least effect; the tone of my stomach appears weakened, and the desire

of being a mother seems entirely frustrated. From a lively stout girl, I am altered to a languid, nervous creature. I have been troubled very much lately with a violent head-ache over my left eye; the place I can cover with my finger; my appetite is good, and I sleep tolerably.

I believe I have now laid before you the particulars of my case, and sincerely hope it will be in your power, either to send something that may prove beneficial, or to give advice to that effect. If the enclosed should not prove sufficient, a further remuneration will be made. Please say whether bathing or change of air will be necessary. *An immediate answer to this will greatly oblige,*

Gentlemen, yours, &c. &c.

E. F.

Nov. 10, 18—

*Gentlemen,*

I am happy to state, in answer to your inquiries after my health, that since you desired me to leave off taking medicine, I have had no return of my former debility; and that the purposes of a married life have every appearance of being realised,      \*      \*      \*

Should my health require any medical opinion at a future time, I shall certainly take the liberty of writing to you.



## CASE IV.

A lady, aged 30, married at the time when the *fluor albus* was most excessive ; her husband, a man of distinction (much older than herself, of an amatory disposition, but strongly affected with the scurvy), became, shortly after their union) violently afflicted with a similar disease. Conceiving, from a recollection of early imprudences, that his new disorder arose from an old venereal taint, he applied accordingly for assistance, and was soon cured ; he, however, became alarmed for his constitution, on finding a continual repetition when he indulged in hymeneal mystery, and hearing at length of the *possibility* of his wife's being the innocent cause of his uneasiness, he applied to us, and learned the *probability*.

The lady, after the loss of her mother, became dependent upon an uncle, who gladly placed her under the care of a female friend, but, from the natural forwardness of the child's disposition, was at length obliged to place her at *school* ; and there it was that she became initiated into a most abominable propensity, the causes and effects of which have been explained in their proper place. Suffice it to say, she realised the melancholy portrait there drawn ; as down to the time of her application to us, she had never been free from the influence of its effects. To bring about new actions in parts so long unacquainted with healthy secretion, was an object of no trifling difficulty, requiring time for its accomplishment ; the grand desideratum was however effected, and the lady became ultimately the mother of a family ; which circumstance not only added to mutual happiness, but was an essential point in the settlement of *title and estate*.

## CASE V.

A lady, aged 33, applied in the month of February, 18—, with the following history of her complaint:— At the age of twelve years she found herself attacked with a most *violent* and *profuse* menstrual discharge, without the slightest previous indisposition; after much care, in the course of 18 months, her periodical indisposition became well regulated, and in her 18th year she married: as this union was important to her family, the disparity in years was overlooked, and she became the passive wife of a husband less debilitated by age than by excess. The marriage test was never consummated, and this monotonous life was at length unhappily interrupted by the indulgence of masturbation, which induced such a general relaxation as to alarm her family with fears for her life; change of scene, and especially absence from her husband, at length enabled her to conquer this fatal indiscretion, and his death, which happened about 18 years ago, allowed her to return to her own family, where in more agreeable associations, her health became apparently recruited.

The personal accomplishments of this lady, and perhaps the fortune she now possessed, soon attracted the notice of a gentleman, in every respect the reverse of her late partner: he was young, handsome, and vigorous; in due time she became his wife; but unhappily the local impression upon the generative power, effected by previous disturbance, was so great as to render sexual communion an unimpassioned act on her part; and after some years of defeated hope she determined to state her case: it should be observed, that fortunately the husband attributed the circumstance to a supposed want of energy on his own part.

In about six months after the lady had been our patient, the menstrual secretion became regular, and she conceived, but miscarried ; since then, however, a healthy child has blessed their mutual happiness ; and in a visit the lady lately paid us, we were assured of her complete restoration to health.

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#### CASE VI.

A lady of delicate habit and consumptive appearance, applied in the month of June, 18—, for relief in a case of obstructed menstruation ; her age was 37, and she had been married 10 years ; but, from some peculiarity, had never been pregnant.

It appeared, that even since her marriage, until about a twelve-month previous to her application, she had *never been entirely free* from the menstrual flow, which, although never excessive, had reduced her from a healthy florid woman, to a thin, delicate, and even somewhat of a consumptive person, which the constant use of ill-advised medicines did not tend to improve ; she became dropsical, when her husband determined to seek further assistance.

Nature, at all times prone to evince her own power, *suddenly suppressed* this long-continued secretion, and with it the dropsical symptoms also disappeared. The opposite extreme exposed the patient to consequences scarcely less dreadful, for the womb became diseased, a hectic fever followed, and her life of course was

in danger. We learnt, that previous to marriage, the monthly notices had not been regularly attended to, and that at various periods symptoms of *fluor albus* were observed, for which some strong injections had been prescribed.

Such is the outline of a case, which for many months evidenced no improvement, but after that, the constitution rallied; and in the course of the following nine weeks the *catamenia* were observed to be healthy, and in sufficient quantity. In August, 18—, symptoms of pregnancy came on, but she miscarried; since then the lady again expressed those hopes, which, from the general state of her health, we have no doubt were realised.

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## CASE VII.

Oxford, March 20, 18—

Gentlemen,

In consequence of the strenuous advice of an intimate friend, who has derived great benefit from your attention, I am induced to make you a statement of my case. For the last six years I have laboured under a dreadful head-ache, with constant noise in my ears, and a disposition to be continually evacuating by urine and otherwise; more or less I have always had a slight discharge, which at certain times causes a most intolerable itching, and afterwards soreness. I cannot attribute these symptoms to any particular cause, but perhaps you can inform me, if after so long a time I can be cured. My husband will be in town

next week for your opinion, and give you further information. I may as well mention, that since my last confinement, now six years ago, I have never been able to sleep with him, from the great pain I suffer; and of course (although a domestic man) I can have no claims upon his constancy: it would give me great pleasure, however, even to be relieved of the pain in my head: I am fearful the other is incurable. Direct for G. H., Post-office, Oxford.

Dec. 29, 18—

*Gentlemen,*

It must be grateful to you to receive the blessings of those whom you have relieved; I do from my heart pray God to prosper you, and so does my husband; he says he shall always call on you when he goes to London, which is twice a-year; however, it will only be to give his thanks, for I have not taken any of the last medicine. The lady who recommended me to you is as proud as if she had cured me herself. We have sent up the remainder of your charge, which you will please to acknowledge, &c. &c.

G. H.

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#### CASE VIII.

Dec. 20, 18—

*Sir,*

Repugnant as it is to my feelings to make a disclosure of the present nature, yet I am convinced that further concealment would be the extreme of folly, perhaps eventually attended with the most serious consequences; under this impression I have been induced by your advertisement to seek your advice, not without an anxious hope of deriving benefit. I am a



young lady of 19 years of age, of a sanguine temper, but of a constitution not apparently the best: being in six months about to enter into a state, the anticipation of which to the modest and discreet is bliss, but to me a woful prospect, the very idea of which makes me shudder.

An habitual folly, gratified at school, at the earliest dawn of power, and subsequently not abandoned, has made me the slave of its infatuation; and you would scarcely believe, that although I have now accomplished a resolution to forget it, yet so abjectly am I reduced, that I want the strength and vigour of passion, so necessary for the trial I am shortly to undergo.

It may be necessary to state, that I had a nervous fever about two years since, and that my usual courses have been materially lessened.

If I have trespassed too long on your patience, I trust the anxiety of your correspondent will be an adequate apology, and that your experience of human nature will pardon this flagrant acknowledgment. The bearer (my own maid) will convey my parcel, but I request that directions may be carefully sealed up.

I. J.

Although I give you my real designation, you will not address Lady ———, but simply I. J.

*August 13, 18—*

*Sir,*

Permit me to return my most sincere thanks for the very satisfactory attention paid to me while under your

care. I promised, when the event took place, that I would write to you, if the opinion then expressed of your confident belief in my restoration should be realized; and it is, therefore, with the happiest feeling of emotion that I assure you there is no debility, but that inclination and gratification accord. The delicacy your correspondence has always conveyed, leads me to place that reliance upon your skill, that in any future indisposition, I hope you will allow me to avail myself of it, &c.

I. J.

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### CASE IX.

*Saturday, January 10, 18—*

*Gentlemen,*

I have repeatedly seen your advertisements, and should have applied to you long before, but being such a point of delicacy, have refrained, and even now I have summoned resolution, scarcely know how to address you.

Perhaps it will be better to mention every particular. At the age of 20 I was married; to my great surprise, about two or three weeks afterwards, I found myself very different to what I ever had been, and that gave me reason to suspect that I had the venereal disease. I applied to a gentleman for advice, and it proved that my suspicions were not ill-grounded at that time. Perhaps it will be proper to tell you I was yet a maid, and though I had medicine, and had the disease, I could not summon courage enough to tell the surgeon that, thinking it was of no consequence, which perhaps it was not. I will now state to you the further particulars.

I had of course the disease, and was cured no doubt, and afterwards I was prevailed on to no longer remain a virgin; being married, and having little experience, I forgave the circumstance, and lived with my husband until his death, which was in the 22d year of my age. I never had any children by him, and he often complained that I appeared not to derive the pleasure very often which I was entitled to, leaving offspring out of the question, and I could not account for the cause, as I seldom had any pleasure.

Should have thought myself different to other women, only I again married, in my 23d year, and have one child, a girl, healthy and without blemish. I have been married this time one year and two months; and have yet to complain I feel no enjoyment of a married state. Now, the question is, whether the slight attack of the complaint I mentioned, has in any way injured me, or if it is my real constitution.

I am, sirs, with respect,

K. L.

The case of K. L. (on mature investigation) was found to be dependent on early indulgence in *solitary infatuation*; and some time was required to remove the effects; however, in about three months, her wishes were amply repaid.

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## CASE X.

*Bath, June 12, 18—*

*Gentlemen,*

In consequence of the advice of a friend who had found benefit from your hands, I have been induced to write

and make you acquainted with the unpleasant symptoms I have laboured under for these last four years; I have been in the habit of taking Dixon's Pills, being constantly afflicted with violent aching in my head, and noise in my ears, and a desire always for evacuating, attended sometimes with itching, and trifling discharge, but no eruptions—have thought it must have been some mismanagement in my last confinement, and judged it would wear off, but finding that not the case, I hope it will be in your power to remove it.

Inclosed you will receive a note for medicine and advice; and any further demands, if requisite, please to state per note with parcel; shall be in London about a month, by that time I hope to be much recovered, shall then give you a personal interview.

Gentlemen, your humble servant,

M. N.

P. S. Within the month that M. N. proposed, her health was perfectly recruited.

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### CASE. XI.

*Friday, March 16, 18—*

*Sirs,*

Having repeatedly seen your advertisements in the papers, and accidentally met with your book, and seeing there cases in some degree similar to my own, has induced me, after a long delay, to address myself to you, in great hopes you may be able to do something for me. My case is as follows:—

N

I am a tradesman's wife ; my age 29 years ; have been married these five years, without ever fulfilling any of the purposes for which marriage was ordained. I have never been pregnant, nor even till within the last 12 months known what enjoyment with my husband was ; now but very rarely, and not till I am sensible his enjoyment has ceased. I beg leave to state, that at monthly terms, I have been subject to dreadful pains, and have had a great flow ; but within the last 12 months I have been, I may say, quite free from pain, and have much less in quantity, but the smell is very offensive, and in colour quite black, and I rarely am three weeks between ; I have been subject to pain and great weakness in the lower part of my back ; about twelvemonths past I had a very serious illness from a violent and settled pain in the back part of my head, and which I still feel at times ; my health, I need not say, is but indifferent ; my appetite in general not good ; my employment is rather active but very late, seldom in bed before 12 o'clock, therefore am not an early riser. I have yet one thing more to mention, and which I can hardly bring myself to name : at an early age, by a school-fellow, much older than myself, I was led to practice that most detestable vice of which you give so many instances in your book ; so that I am fearful this is the reason of my ill health, loss of enjoyment, and above all, of my having no children, which is a great mortification to me, as my husband is very fond of children, and very desirous of a family : I believe I have stated to you every particular, and hope you will be very candid with me, and tell me if you think I can ever be a parent, as that is the height of my wishes, and the cause alone of my application to you.

I have enclosed you, sirs, a note, but am fearful it will not be enough ; but if you will have the goodness to write to give me



your opinion, and tell me what more will be necessary, I will write to you, and endeavour to send it as quick as possible.

I am, sirs, yours,

O. P.

This lady has since borne a very fine child.

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## CASE XII.

*Clifton, April 15, 18—*

*Gentlemen,*

Inclosed I send you a bank note, wishing to consult you concerning the health of a young woman, now just three-and-twenty, who has been for some time in a very had state of health, chiefly arising from the want of that regular periodical discharge which belongs to the female sex; she caught cold about four years ago, and was never perfectly regular from that time till about 16 months ago, when the menses totally ceased; she has no cough, but at times spits up large lumps of blood; her legs have been very much swelled, red lumps have appeared on them, which have broken and discharged matter, but they are now healed; she has had several fits, which have commenced with a giddiness in her head, and shivering; her eyes and mouth are very much drawn on one side, and throat swells, and she remains insensible about a quarter of an hour, sometimes longer; it leaves her eyes and throat very black, and for some time after she always has a great deal of pain in her back and legs; she is very weak, and her bowels are usually relaxed; her appetite is pretty good; these last

two months she has been, during the three weeks, rather better ; but on the fourth has suffered great pain in her back, and at the bottom of her bowels, and complains of feeling a great weight, when walking, in the lower part of her bowels : her employment being a sedentary one, she is not able to take much exercise.

I shall hope to receive your advice as soon as possible, directing to me, Post-Office, Clifton.

I am, gentlemen, your obedient servant,

Q. R.

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Some remedies were immediately forwarded to Q. R., which abated the symptoms ; but the urgency of them required the patient's personal appearance in London, which was allowed in about three months. The cure was afterwards gradually effected.

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### CASE XIII.

*Bath, Aug. 10, 18—*

*Gentlemen,*

I write to you for advice for a female friend, who has been in a very weak debilitated state for four or five years past ; having bought your publication, she is desirous of trying what you can do for her : she complains of a pain in the back, and a discharge always, more or less, which is sometimes thick and yellow, and sometimes almost the colour of blood ; she is

likewise troubled with a soreness in her private parts, not a wound, but a smarting, itching sensation ; in short, I may say, she has every symptom of the disease you call *fluor albus* ; she is 34 years of age, very thin, and has a bad complexion ; she was married on the 1st of January last, and since that time the discharge has been much worse than before ; I am afraid the complaint has been brought on by her own imprudence, as I understand from herself that she has indulged in that dreadful propensity called self-abuse, from 12 years of age, till within 10 or 12 months of the present time ; if you think you can do her any good, please to send some medicine or advice as soon as possible, with directions for taking. I have inclosed a bank note ; if, gentlemen, you wish for any further explanation of the complaint, I will let you know.

Letter or parcel directed to S. T., Post-Office, will find me, and I will convey it to my friend.

Yours &c

S. T.

P. S.—I forgot to say my friend is very regular, lives well, but not high.

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The above case required about three months' treatment, and was happily cured.

## CASE XIV.

*Dublin, June 23, 18—**Sir,*

Impressed with a deep sense of your skilfulness in the medical capacity, I take the liberty of stating my case, and asking your advice upon a certain weakness incident to the female sex. It is with extreme delicacy, and I may say shame, that I now lay open my case; but I trust to find in your good sense and ability, an excuse for any impropriety in what I am going to state. In the full assurance of your confidence, skill, and secresy, I will candidly confess, that the ill state of my health is owing to my own imprudence; I am 25 years of age, unmarried, of a sickly look, and slender form. Unfortunately being left an orphan very young, I acquired the baneful habit of self-indulgence at school; which, when I came to maturer age, I left off, having seen the sinfulness of it. I have always possessed good health until five months since, when, in an unguarded moment, my feelings became too greatly irritated, which has brought on a heat and uneasiness in the bowels. About four days after the irritation continued, had a frequency to make water, also a great discharge like the whites, and a pain in the small of my back, a kind of pulling at the navel; sometimes my body was swelled, and sometimes felt as if there was an emptiness in places; frightful dreams disturbed my rest, and was troubled and low spirited. Since then I feel an unusual degree of heat in the lower part of my body; sometimes in the thigh, hips, and at times in both my sides and stomach, but it seems chiefly in the lower part of my body; have sometimes a sensation as of soreness and heat about the seat; and sometimes an itching humour. If I sit any length of time, have an uneasiness and soreness in my body, and sometimes feel such a soreness in my back, that I am obliged to



rest it against a chair. I do not think I have a very good constitution, for I had the other day a single leech applied for the tooth-ache, and I fainted; and even with the application of a small blister I faint. Therefore, sir, from what I have said, hope you will be able to judge of something mild and expedient. If I have omitted any particular, shall willingly drop you a few lines.

I have had the attendance of a medical gentleman, but owing to my extreme delicacy, could not tell him every particular; and as I do not find myself recovered, have summed up fortitude to lay every thing open to you, and trust, Sir, to meet a kind indulgence, and hope in a little time, by your prescriptions, to be restored to my former state of health.

I was always sprightly and lively, and I now feel my spirits restored, and eat and sleep well, but still feel a weakness upon me. A medical gentleman advised me to take a great deal of exercise on horseback, to eat vegetables well peppered, and drink milk, and eat boiled and roast meat, and drink mineral waters, similar to those of Harrowgate, if possible.

I have a scurvy humour in the gums, which causes the tooth-ache. Am troubled with the wind. Sometimes I appear to have a slight jaundice in the face; have always the whites, but not so much as I had five months since. Am regular in the courses. A phlegm sometimes rises in my throat, which tastes saltish; it is thin, and not much; have no particular cough, but sometimes a little tickling in my throat; and if I cough, it seems to distress my inside. I cannot bear the heat of the fire against my body.

I hope, sir, you will pardon this intrusion on your time, and



may I beg of the utmost secrecy, as I do not wish my name to be made known but to yourself alone. Have inclosed a bank note, of which I beg your acceptance, and shall be happy to receive a line from you by return of post, giving your advice, and if you think sea-bathing would be of service.

Please excuse the great frankness I have used, and hope, with the divine assistance, and your good care, to be restored to my former state of health.

Humbly waiting yours, I remain, &c.

U. V.

*August 17, 18—*

*Sirs,*

With a pleasing satisfaction, I have again to announce the gradual recovery of health, which I have experienced since the commencement of your superior remedies. I find myself much stronger, particularly since my return from the sea.

I cannot help expressing my grateful sense of your kind attention to my wishes; and you will find from the favourable account of my health, that my perseverance and attention to your advice have been found answerable to your expectation. Am free from pain or particular heat; have a little uneasiness in the bowels, sometimes a tightness or soreness, as if spots inwardly about the hips; sometimes spots appear outwardly. The roof of my mouth has been sore till within this last week.

Must beg your acceptance of the inclosed, the charge for the entire treatment; and I hope, in a little time, to communicate

the happy intelligence of perfect health. Have nearly finished the last supply of medicine, except one bottle of the liquid drops, which I have not taken, owing to the monthly illness beginning again a fortnight afterwards; perhaps my journey from R—— had been the cause, as I preferred riding on horseback, and rode too great a distance. However, I have not suffered any relapse, but upon the whole am much stronger.

Waiting a further supply, and with a lively sense and confidence in your good advice, treated with mildness and efficacy, to one who remains with great respect, &c.

U. V.

Nov. 21, 18—

*Sir,*

I again hasten to give you further information relative to the state of my health, which, under the guidance of Providence, through your peculiar care, still continues to improve.

I trust, sir, you will pardon the further intrusion on your time; for, although I find myself free from former pain and uneasiness, yet, as you truly remarked, “Time and perseverance were essential towards a permanent re-establishment;” therefore I do not wish to abandon any remedy too soon, should you think it requisite still to continue any.

The bowels are not so much relaxed. About a fortnight ago I found a difficulty in passing the urine, which came little at once and often, attended with great pain at the time. It continued two days, and seemed to resemble the gravel; I had never had that sensation before. I thought, perhaps, it might have been

brought on with riding the distance of twelve miles on horseback. At the same time the monthly illness began, which was regular. I have felt it rather slightly at intervals since.

I again beg you will excuse the candour of this statement, as it is through your kind assurances of attention towards my health, that I express myself as though I was addressing a father ; and, although I was deprived whilst so young of a parent's protection, I am grateful that the Almighty has so often sheltered me under his peculiar care ; and may an orphan's prayer be heard for His blessings to be bestowed on you, for your unlimited kindness and attention towards me.

Shall anxiously wait your answer, which will greatly oblige, sir, your's, &c.

U. V.

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In about six weeks after, the lady came to England, perfectly cured.

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#### CASE XV.

*Exeter, Dec. 24, 18—*

*Sirs,*

Having lately seen one of your publications, I am induced to make known my case to you. Feelings of delicacy had almost prompted me to refrain, but finding your manner of treatment was so particularly delicate, and being anxious once more of enjoying that rich blessing, health, I shall endeavour to name every symptom to you.

In May, 18—, I became a wife, before which time I enjoyed good health, independent of suffering much from a cough, when I took cold. I have always been regular ever since I was 16 years old, and now I am 24.

About three months after I was married, I found myself grow much larger round my bowels, which I could not account for, being regular; yet many told me I was in the family way. It continued for about three months, when I found I again grew less, accompanied with violent pains in my bowels, insomuch that I could find no ease unless I was on the night stool; and for several days afterwards found great tenderness when walking, but particularly when connected with my husband; I could scarcely bear it, it was so painful and tender; but that, thank God, is much better. But ever since I have felt, and particularly before my courses, a violent heating pain behind, with sharp shooting pains in the bottom of my belly. And sometimes I feel sick, and again have a violent head-ache for an hour or two; and lately have found a little discharge; it is white, and smells very disagreeable: all these unpleasant symptoms I fancy prevent my breeding, and it being the particular wish of my husband to have a family, I think it my duty to do all in my power towards it. Shall therefore feel obliged by your giving my case a consideration, and in return shall be happy to give your firm every praise and publicity due to you. - Inclosed you will receive a bank note, and I remain, Gentlemen,

Your most obedient servant,

W. X.

This lady's wishes were realised in a short period, and we have since been informed of the uniform excellence of her health.

## CASE XVI.

*Andover, Dec. 19, 18—**Gentlemen,*

The diffidence a lady must feel in addressing gentlemen on a subject every way so delicate, must plead an excuse for the incorrectness of these lines.

I was just turned of 16, when my father compelled me to marry a gentleman many years older than myself, he being about 44, who had spent twelve years in the East and West Indies; but not having that regard for him which ought to have subsisted, I could not bear the least familiarity; nothing but horror and disgust would be my feelings when he insisted on a husband's rights.

I was left a widow in my 19th year, and married soon after a young man nearly the same age. I have been his wife near four years, but, to the surprise of all my acquaintance, have never been pregnant.

I am happy in every respect but one, that is, I do not feel any of those sensations which belong to my sex. And what appears so unaccountable to me, I can anticipate every pleasure the marriage bed can yield, and am agitated by a thousand different emotions, which, on the closest connexion, seem to die away, and I experience neither pain nor pleasure.

I am also subject to the courses every three weeks. I have inclosed a bank note: an early answer, with your terms, will oblige yours, &c.

Y. Z.

---

Y. Z.'s further correspondence assured us of the attainment of her wishes.



## CASE XVII.

*Cardigan, Dec. 13, 18—*

*Gentlemen,*

Having frequently seen your advertisements in the newspapers, I am induced (however contrary to my feelings) to lay my case before you. I am 19 years of age, and have been married 18 months, without the prospect of having a family, which I have reason to fear (having purchased your book) is owing to a habit into which I was early initiated while at school, as I do not feel that enjoyment which is natural in the married state.

I cannot complain of my general health, except that I have been subject, since my marriage, to a trifling, but disagreeable discharge, which is evidently weakening me; it is rather of a slimy substance, and I find it worse after taking much walking exercise; I have also of late been rather inclined to be nervous.

I summoned courage enough to inform a female relation of the discharge I was subject to, who told me it was very common in young girls; I was ordered bark and port wine; but although I have continued to take it for more than two months past, I have derived no benefit from it, but I am afraid it is owing to the true cause being concealed. I am very regular in my monthly illness, but my powers of digestion are weak.

As it is of the utmost consequence my husband (who is a young man of 25) should have a family, I thought it my duty to apply to you, and hope, from having so minutely described my case,

that your advice will be able to recover my health. If medicines are necessary, I will thank you to send them per mail, and request you will write by post the day they are sent off, and you will much oblige, Sirs, yours,

A. B.

Dec. 26, 18—

*Gentlemen,*

I delayed answering your letter until I was able to ascertain a point which I thought it was necessary to let you know. I have not been so regular this last month with regard to my monthly discharge as I used to be, having passed a week after my usual time ; but, perhaps, it is not of any consequence, as it is now returned.

I shall now answer the queries your letter contains as minutely as possible : the state of my bowels are always inclined to costiveness ; I require to take some medicine almost every second night. With regard to the urine, the quantity varies—some days being very scanty, and others abundant ; but there is always a sediment which is rather of a greasy nature and reddish colour. My general diet is plain, seldom or ever eating of rich dishes ; I take a good deal of vegetables, take very little malt liquor, and generally take two glasses of wine in the day. I am a good deal out in a carriage, but prefer walking exercise, although I find it easily fatigues me. I do not go much from home, and do not see a great deal of company ; I keep very early hours, generally going to bed at ten o'clock ; we breakfast at nine, and dine at five ; I never take supper. My husband is of an amative disposition, but I have not the inclination which is natural in performing the sexual rite ; I

do not feel any pain or inconvenience attending it, nor do I imagine the frequent repetition to be prejudicial. I never had any discharge before my marriage. I have no pain in my loins, but before my marriage I was subject to a pain in my left side, but have had no return of it since my marriage. I found leeches put to my side relieve the pain more than any thing else. I am not at all subject to cough, nor am I susceptible of cold.

I have now answered all the queries you put to me, and have only to hope I may receive the benefits I expect from your remedies and advice, and request the packet may be sent per mail, as soon as possible ; and all regulations you may please to send shall be strictly adhered to.

I remain, Sirs,

Your obliged humble servant,

A. B.

June 23, 18—

*“ Extract.”*

Having thus detailed, in a manner as satisfactory to my own feelings as I could possibly have expected, the happiness I possess, I cannot any longer withhold the expressions of thankfulness I owe to you, &c, &c.

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#### CASE XVIII.

London, Sept. 17, 18—

*Gentlemen,*

Your advertisements in the newspapers induce the writer to state the particulars of her case, to which your particular attention is requested.

In consequence of a destructive habit, contracted in early youth at a boarding school, persisted in for many years, but discontinued since marriage, I am at this time labouring under every distressing symptom of nervous debility. Shaking of the hands, numbness, and weakness in the limbs, particularly on one side from the hip to the knee; loss of appetite, lowness of spirits, *fluor albus*;—this last complaint has of late disappeared in a great measure; to which I should add, that occasionally all sensibility appears to be extinct when caressed by my husband. It is in fact almost always the case, unless an extraordinary degree of passion or excitation previously occurs. My lungs are also affected, and a slight irritation at the chest often incommodes me at first rising in the morning, and always when I remain too long in bed. My voice is become considerably weaker than formerly, and our family physician requests I will desist from singing, an amusement of which I am particularly fond. He thinks me consumptive, but has not, I am certain, the slightest idea of the real cause of my weakness, and constantly prescribes the mineral waters, on which account we generally stay at some place of resort six or eight weeks every summer. I am now returned to town solely with a view of taking your advice, and shall return again immediately for two months longer, by which time I flatter myself I shall have received much benefit from your prescriptions.

My age is 24, and I have been married nearly four years, of a thin and delicate appearance, though Dr. — thinks I once had a very good constitution.

I have been accustomed to very late hours—which, I doubt not, has aggravated my case; but now I rise at eight, and retire at eleven. Breakfast on boiled milk and bread; and what I eat the remainder of the day is, generally speaking, not worth men-

tioning. I ride on horseback most days, but cannot walk even 100 yards without losing my breath, and feeling greatly fatigued. My hands and feet frequently swell after dinner; towards night I can almost bury the top of my finger near the ancle bone.

Do you advise a warm or cold bath? I am much annoyed by frequent fits of the gravel, voiding in the course of one night as much as would slightly cover a sixpence.

Your most obedient servant,

C. D.

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The above case required nearly two years' attention before health was perfectly established.

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### CASE XIX.

*Chester, July 20, 18—*

*Gentlemen,*

A friend of mine, aged 48, who is greatly reduced, apparently by nervous debility, has solicited me to state her case, from incapacity to hold her pen. To a total loss of appetite is to be endured extreme pain, when in an erect posture, and the medical gentlemen who have attended her, desire a confinement to a couch; but the constant recumbent position, by preventing natural action, has dreadfully enfeebled her. It is necessary to state, she has a bad cough, and shortness of breath; the pain over the belly is tormenting, and she is reduced from a



corpulent woman to a state of inconceivable leanness. After many fruitless attempts at relief, a gentleman, who accidentally heard of her situation, came, and said it was owing to a cold taken at a particular period ; he attended her for some time, and she evidently mended under his care ; but he unfortunately left this country for the continent, and since his absence she has again become the victim of despondency, for her complaints are evidently worse. If this statement be not sufficient to allow your decisive opinion, I entreat you will write on the subject, and, if necessary, state the expense of your visit here, that the case may be properly investigated. You will allow me to inclose an introductory fee, and to assure you of the general confidence entertained by herself and husband in your candour and delicacy. Direct for Mrs. E. F., &c. Chester.

The lady was duly visited. An incautious exposure to the air, during the fluctuation of her periodical flow, at a time when it was on the point of suppression, occasioned an inflammation of the matrix ; this circumstance appeared unhappily to have been utterly overlooked by the gentleman who was obliged to leave the case, when the subsequent treatment not being followed up, the former effects were rapidly re-appearing. A case of this description, of course, could not be remedied without considerable attention, and much time ; but we are happy to say, the lady was enabled, about six months afterwards, to visit London ; and, although labouring under evident debility, yet her health was advancing, and she was regaining her spirits.

## CONCLUSION.

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THE preceding pages of this Work have been, for the most part, devoted to the *description* of the various diseases which originate in imprudence, or natural infirmity, without entering into minute details of the various modes of relief.

We have laid down fully and, we trust, explicitly, the grand principles on which the health and happiness of the fairest portion of creation are placed. We have, with the caution of the wary mariner, pointed out the quicksands and hidden rocks that beset the journey through life. We have shown the perils which environ woman in her rise, maturity, and decline; but we have confined ourselves, purposely, to broad and general views.

We have abstained from the recommendation of remedies, because we consider medicine, in the hands of the timid, the irresolute, or the ignorant, as more likely to produce evil than advantage.

The salutary properties of medicine are only elicited by the most judicious proportions, and skilful preparation : and so difficult is this of attainment, that many, even amongst medical men, have abandoned it in despair, and have expressed themselves sceptical of the power of medicine altogether. This opinion is, certainly, that of ignorance ; but still, the fact of its existence serves to show, that it is no slight knowledge that will enable mankind to wield the dangerous weapons of the healing art ; and that it is as cruel as absurd to encourage unprofessional persons to make experiments on human life.

The great object in medical agency appears to us to be, to develop the cause of the disease, we have to combat, and to counteract the same by the exact adaptation of remedies to its strength and vividity : to learn to distinguish disorders by their slightest shades, and to obtain a correspondingly minute and delicate knowledge of the effects of medicines. So multitudinous and involved, however, are these acquisitions, that the life of man is insufficient to gain them completely ; and hence, we see the wisdom of that *division of labour*, now so generally admitted, which allots to one

class of practitioners diseases of the eye, to another those of the ear; which consigns consumptive patients to the care of one physician; such as are asthmatic, to that of another. This idea *we* acted upon long since; we devoted the best years of our lives to constant and unremitting attention to one class of diseases—with what success the very general call for our advice sufficiently testifies. But we are bound to confess that it is not only by the *relief* we have afforded, that our practice has become so extensive. Many of our correspondents have informed us that they were first emboldened to apply by the conviction that their secret must remain for ever undivulged. Requiring no name, and not, on all occasions, an interview, we are enabled to afford relief, without even knowing the parties who receive it at our hands; and this certainty of concealment is to many a great satisfaction—nevertheless it is unnecessary, for on no occasion has the slightest suspicion ever breathed upon our honour: untainted secresy, and certain relief are the boons, then, we offer to suffering humanity. That we have these in our power to bestow, the numerous cases now before the public sufficiently attest, and into them we court enquiry. We make

no pretensions but such as are borne out by the fullest testimonies; and of the authenticity of our testimonies, we are prepared to give every proof short of a disclosure of the confidence intrusted to us. That which we know of private individuals shall, for life, be locked in our breast—in all else we are open as day to the eye of scrutiny.

We may conclude. Untired by the vastness of our labours—unterrified by the malice of our foes, we have pursued the line of duty. When the bark of life is in difficulty or danger, those who call on us shall ever find us ready to take the helm: those with whom we may not come in contact, will choose their course, perhaps, by this our chart. Both are equally the objects of our solicitude; and should either arrive at the haven in safety, we shall not consider our toils unrequited; and this consolation will not be transient—it will remain as long as life itself.



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
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